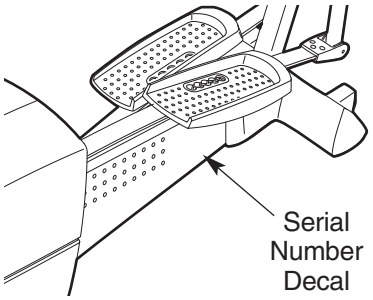
PRO-FORM® HeartRateControl 880 S

Model No. PFEL71030
Serial No. _____



QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

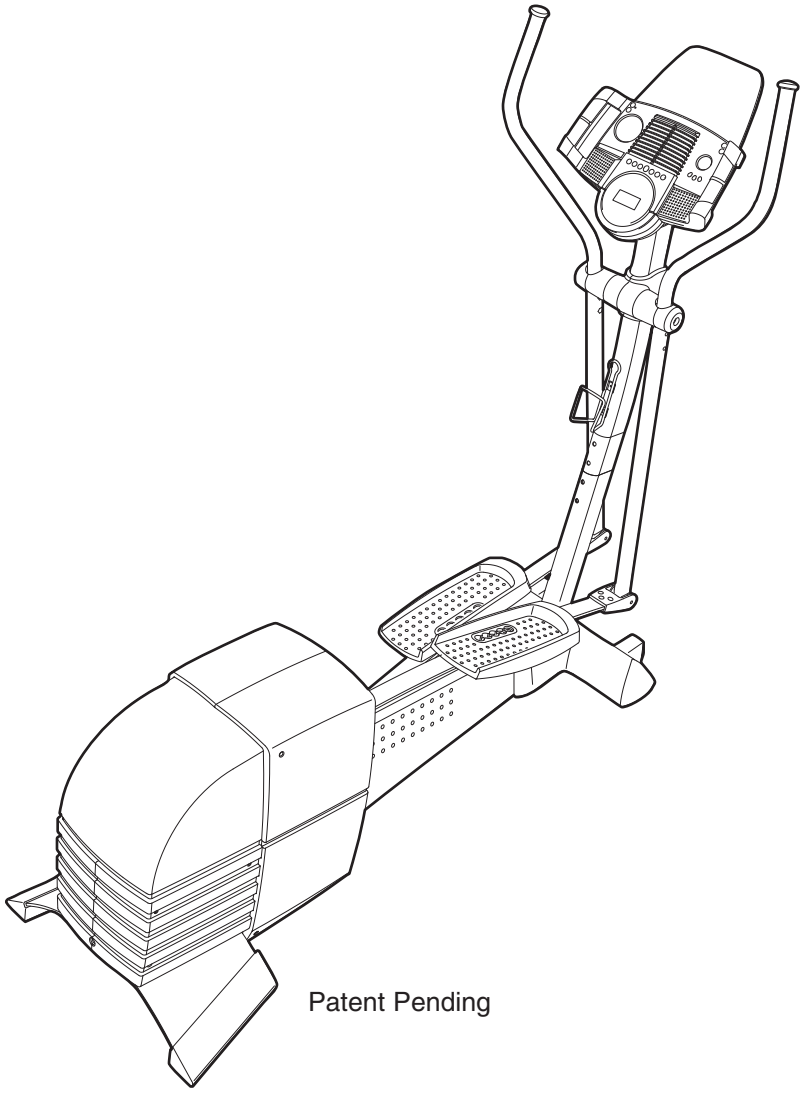
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Patent Pending

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PRO-FORM®
HeartRateControl 880 S

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. **Read all instructions in this manual before using the elliptical crosstrainer.**

2. **It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.**

3. **The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.**

4. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**

5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

6. **Keep children under 12 and pets away from the elliptical crosstrainer at all times.**

7. **The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.**

8. **Wear appropriate exercise clothes when using the elliptical crosstrainer. Always wear athletic shoes for foot protection while exercising.**

9. **Hold the left and right handlebars when mounting, dismounting, or using the elliptical crosstrainer.**

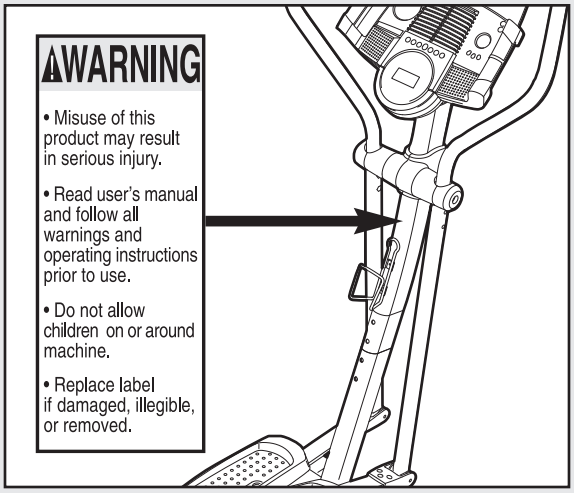
10. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

11. **Keep your back straight when using the elliptical crosstrainer; do not arch your back.**

12. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

13. **When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.**

14. **The decal shown below has been placed on the elliptical crosstrainer. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

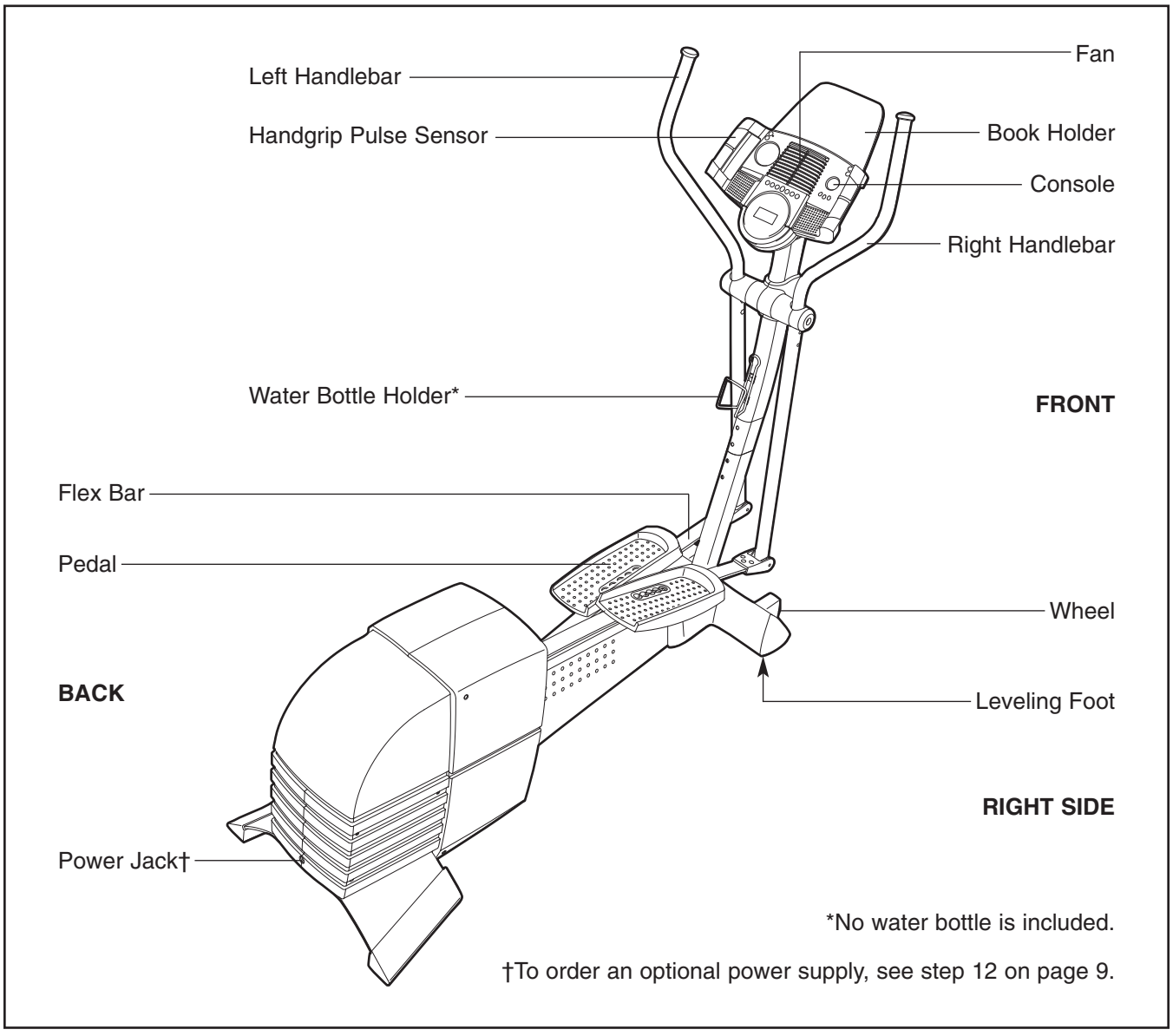
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 880 S elliptical crosstrainer. The PROFORM® 880 S is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique PROFORM® 880 S features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the elliptical crosstrainer. If you have questions after reading this manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEL71030. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



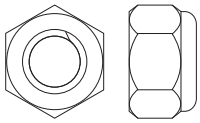
*No water bottle is included.

†To order an optional power supply, see step 12 on page 9.

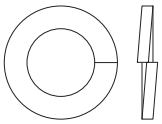
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** **, an adjustable wrench** **, and a rubber mallet** **.**

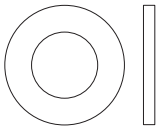
Refer to the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 22. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**



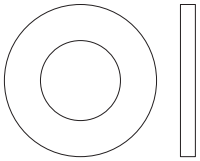
M8 Nylon Locknut (46)–4



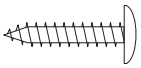
M8 Split Washer (94)–10



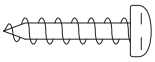
M8.5 Small Washer (53)–2



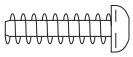
M10 Washer (99)–2



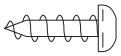
M4 x 16mm Screw (66)–12



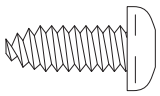
M4 x 16mm Round Head Screw (45)–1



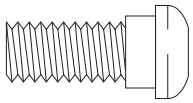
M4 x 14mm Round Head Screw (93)–2



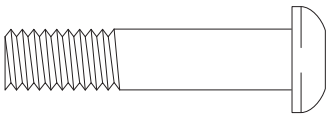
M4 x 12mm Round Head Screw (18)–2



M6 x 16mm Tapered Button Screw (107)–8

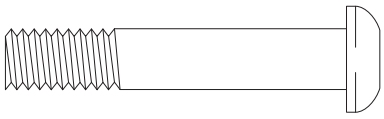


M8 x 19mm Shoulder Screw (22)–2



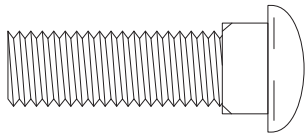
M8 x 38mm Button Screw (70)–2

M8 x 43mm Button Bolt (50)–4

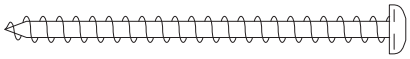


M8 x 45mm Button Screw (102)–4

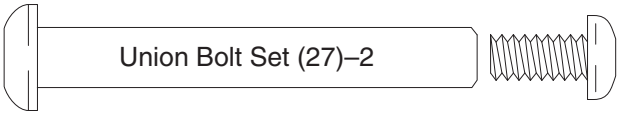
M8 x 54mm Button Screw (33)–4



M10 x 35mm Carriage Bolt (20)–2

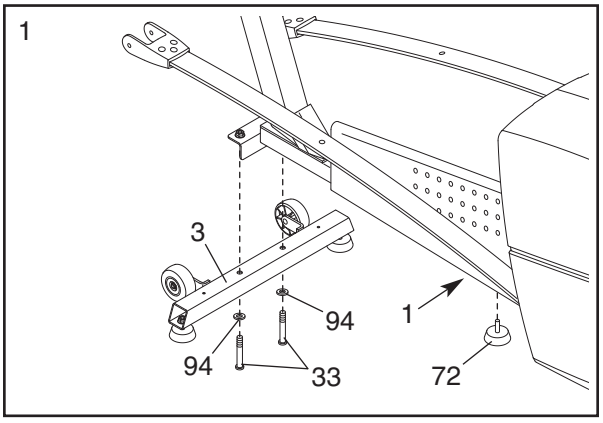


M4 x 52mm Screw (98)–2

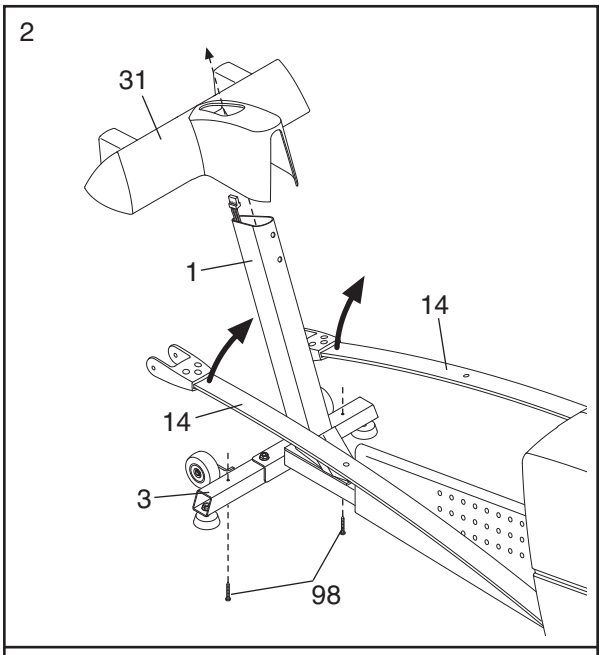


Union Bolt Set (27)–2

1. While another person lifts the front of the Frame (1), thread a Leveling Foot (72) fully into the underside of the Frame. Next, attach the Front Stabilizer (3) to the front of the Frame with two M8 x 54mm Button Screws (33) and two M8 Split Washers (94).



2. Slide the Stabilizer Cover (31) onto the Frame (1). Next, move and lift each Flex Bar (14) out of the way and slide the Stabilizer Cover onto the Front Stabilizer (3). While another person lifts the front of the Frame, attach the Stabilizer Cover to the Front Stabilizer with two M4 x 52mm Screws (98).

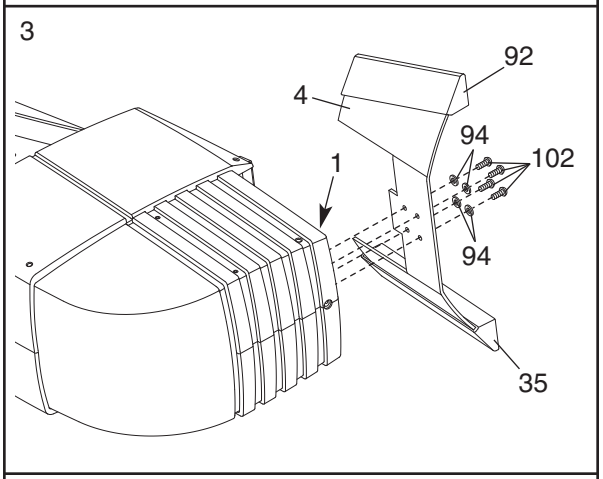


3. With the help of a second person, carefully tip the elliptical crosstrainer onto one side.

   Make sure that the Left and Right Stabilizer Endcaps (35, 92) are on the Rear Stabilizer (4).

   Attach the Rear Stabilizer (4) to the Frame (1) with four M8 x 45mm Button Screws (102) and four M8 Split Washers (94).

   With the help of a second person, carefully tip the elliptical crosstrainer back to the vertical position.

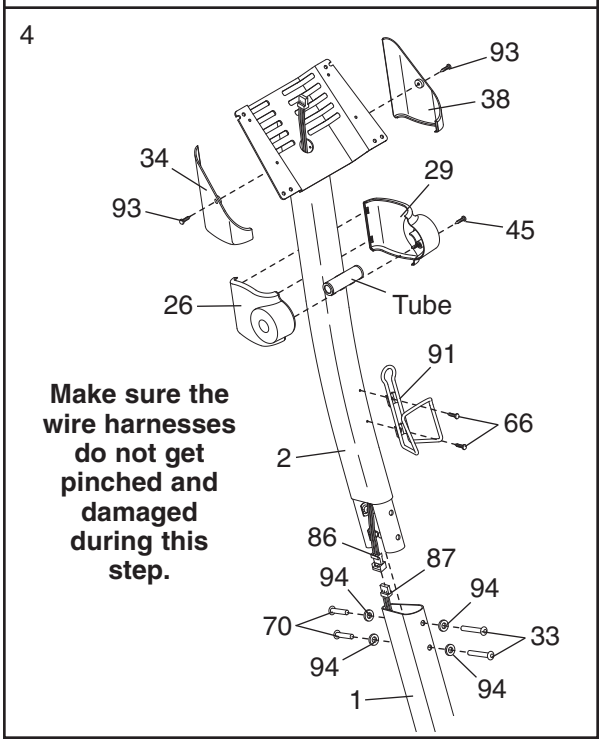


4. Have another person hold the Upright (2) in the position shown. Connect the Upper Wire Harness (86) to the Lower Wire Harness (87). Next, insert the Upright into the Frame (1). **Be careful to avoid disconnecting or pinching the Wire Harnesses.** Attach the Upright with two M8 x 54mm Button Screws (33), two M8 x 38mm Button Screws (70), and four M8 Split Washers (94). **Be careful to avoid damaging the Wire Harnesses with the Button Screws.**

   Attach the Water Bottle Holder (91) to the Upright (2) with two M4 x 16mm Screws (66).

   Hold the Left and Right Handlebar Covers (26, 29) around the Upright (2) and the indicated tube. Press the Handlebar Covers together and connect them with an M4 x 16mm Round Head Screw (45).

   Hold the Left and Right Upright Covers (34, 38) around the Upright (2). Attach the Upright Covers with two M4 x 14mm Round Head Screws (93).



5. Identify the Left Handlebar (9), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (79); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Leg with two M8 x 43mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Make sure that the Nylon Locknuts are seated in the hexagonal holes. Do not fully tighten the Button Bolts yet.**

   Attach the Right Handlebar (not shown) to the other Handlebar Leg (not shown) in the same way.

6. Apply a generous amount of the included grease to the Pivot Axle (108) and to the two M8.5 Small Washers (53). Insert the Pivot Axle into the Upright (2) and center it. Reapply grease to both sides of the Pivot Axle.

   Identify the Left and Right Handlebars (9, 10), which are marked with stickers. Slide a Handlebar Spacer (25) onto the short tube on each Handlebar, and slide the Handlebars onto the Pivot Axle (108). **Make sure that the Handlebars are on the correct sides.**

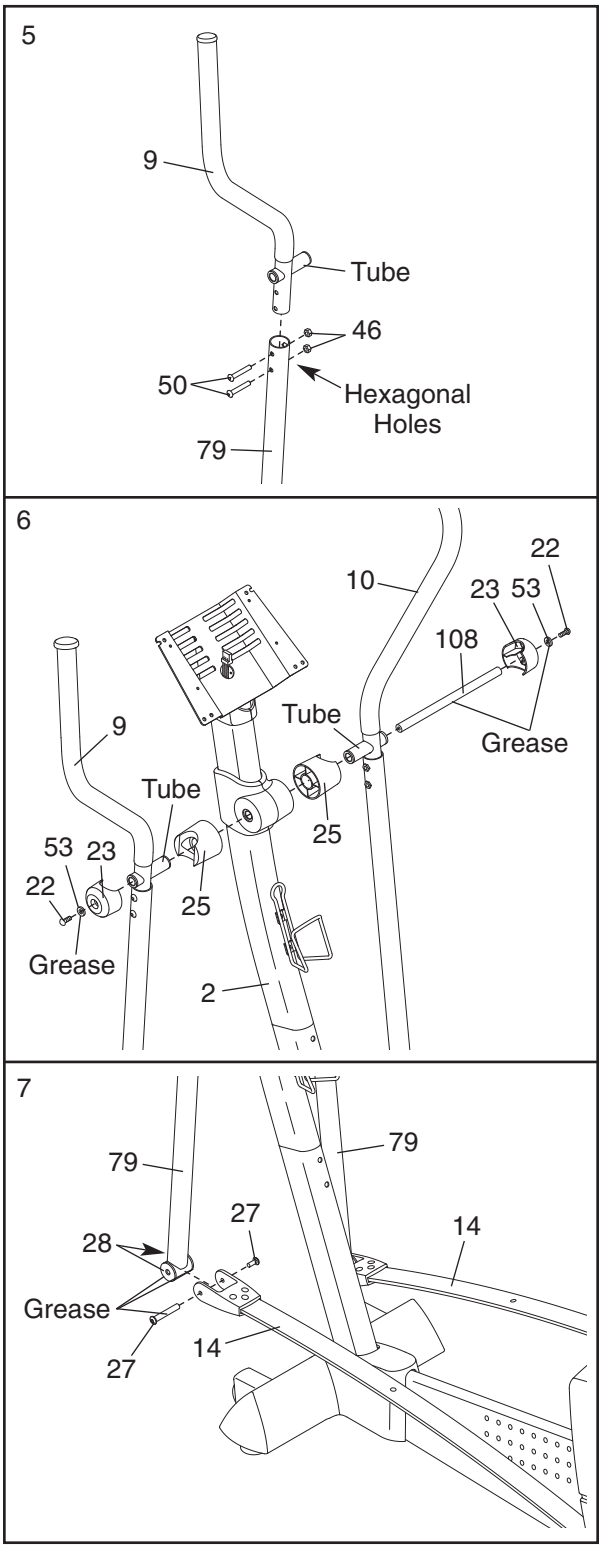
   Orient the two Handlebar Caps (23) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (25). Tighten an M8 x 19mm Shoulder Screw (22) with an M8.5 Small Washer (53) into each end of the Pivot Axle (108).

7. Apply a thin film of grease to the shaft of a Union Bolt Set (27) and to the two Bushings (28) in the left Handlebar Leg (79).

   Attach the left Handlebar Leg (79) to the left Flex Bar (14) with the Union Bolt Set (27).

   See assembly step 5 above. Tighten the two M8 x 43mm Button Bolts (50) in the left Handlebar Leg (79). **Make sure that the M8 Nylon Locknuts (46) are seated in the hexagonal holes.**

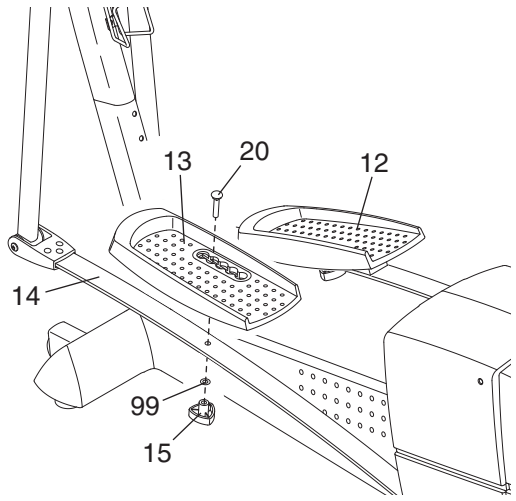
   Repeat this step to attach the right Handlebar Leg (79) to the right Flex Bar (14).



8. Identify the Left Pedal (13). Attach the Left Pedal to the left Flex Bar (14) with an M10 x 35mm Carriage Bolt (20), an M10 Washer (99), and a Pedal Knob (15) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 10).

   Attach the Right Pedal (12) in the same way. Make sure that both Pedals are in the same position.

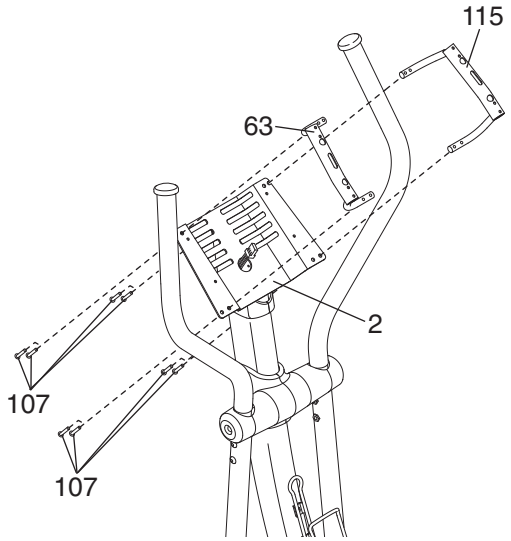
8



9. Attach the Left Inner Handlebar (63) to the Upright (2) with four M6 x 16mm Tapered Button Screws (107).

   Attach the Right Inner Handlebar (115) in the same way.

9



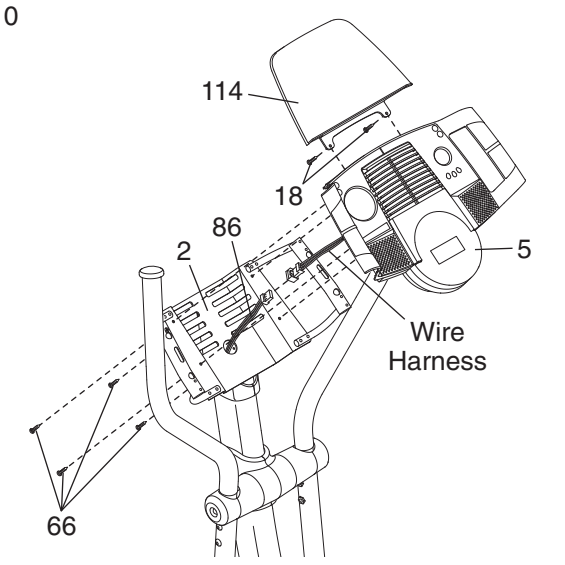
10. Refer to step 11. Remove the six M4 x 16mm Screws (66) and the Left and Right Handlebar Covers (109, 110) from the Console (5).

    Attach the Book Holder (114) to the Console (5) with two M4 x 12mm Round Head Screws (18) as shown.

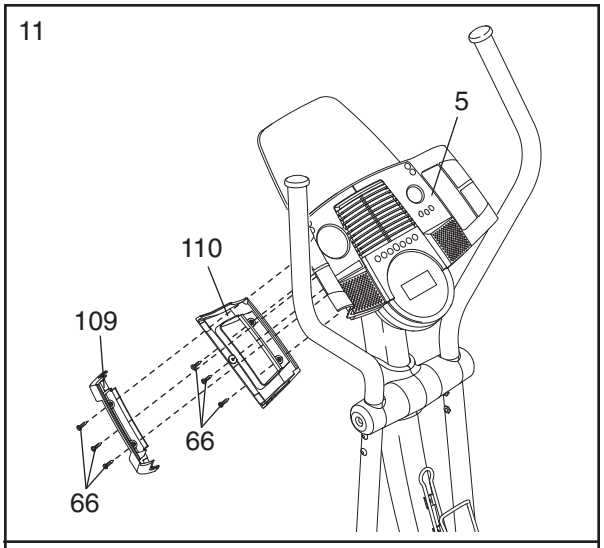
    While another person holds the Console (5) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (86). Insert the excess wire harness down into the Upright (2).

    Attach the Console (5) to the Upright (2) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wire harnesses.**

10

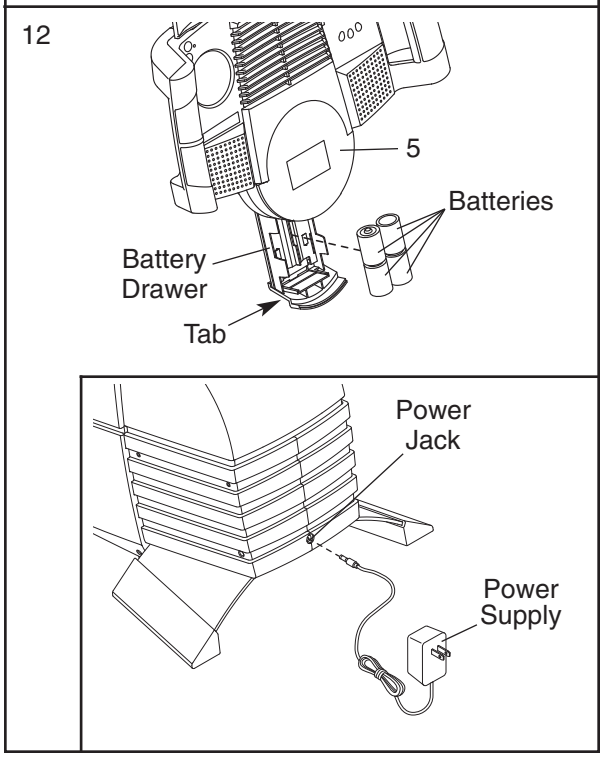


11. Attach the Left Handlebar Cover (109) to the Console (5) with three M4 x 16mm Screws (66). **Do not overtighten the Screws; overtightening the Screws may cause the Console to malfunction.** Attach the Right Handlebar Cover (110) in the same way.



12. The Console (5) requires four "D" batteries (not included); alkaline batteries are recommended. Press the indicated tab on the battery drawer and pull the battery drawer down. Press four batteries into the battery clips; **make sure that the batteries are oriented as shown by the markings inside of the battery clips.** Then, close the battery drawer.

    Note: The Console (5) can be operated with an optional power supply instead of batteries. **To order a power supply, call toll-free 1-800-999-3756.** Plug one end of the power supply into the jack at the rear of the elliptical crosstrainer (see the inset drawing). Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

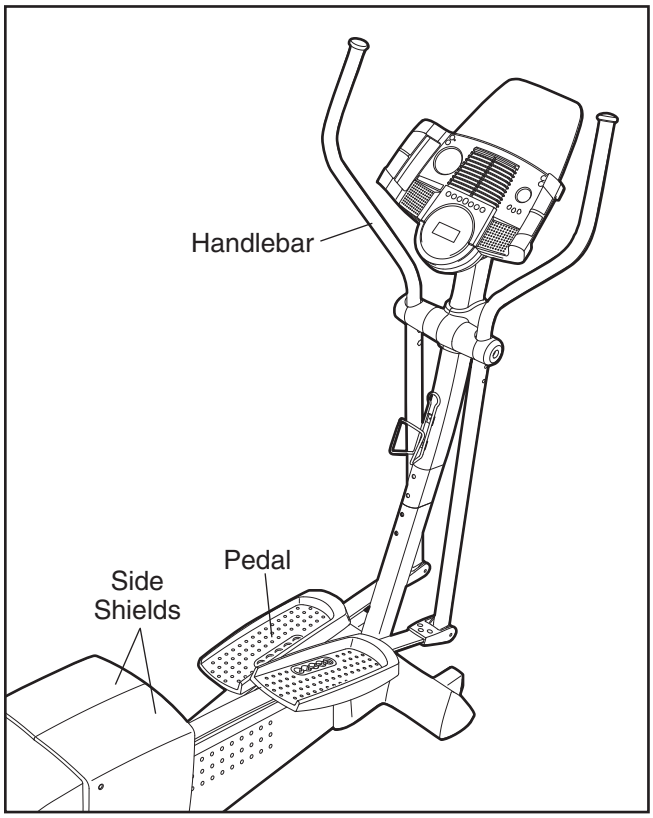


13. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

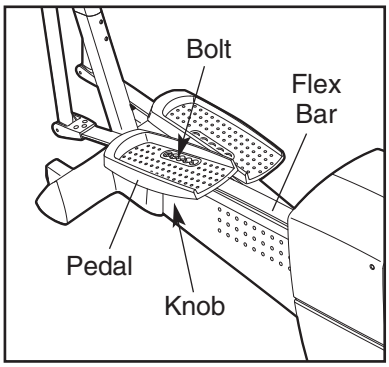
HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms (inside of the side shields) can be turned in either direction. It is recommended that you turn the crank arms in the same direction that you pedal a bicycle; however, for variety, you can turn the crank arms in the opposite direction.**

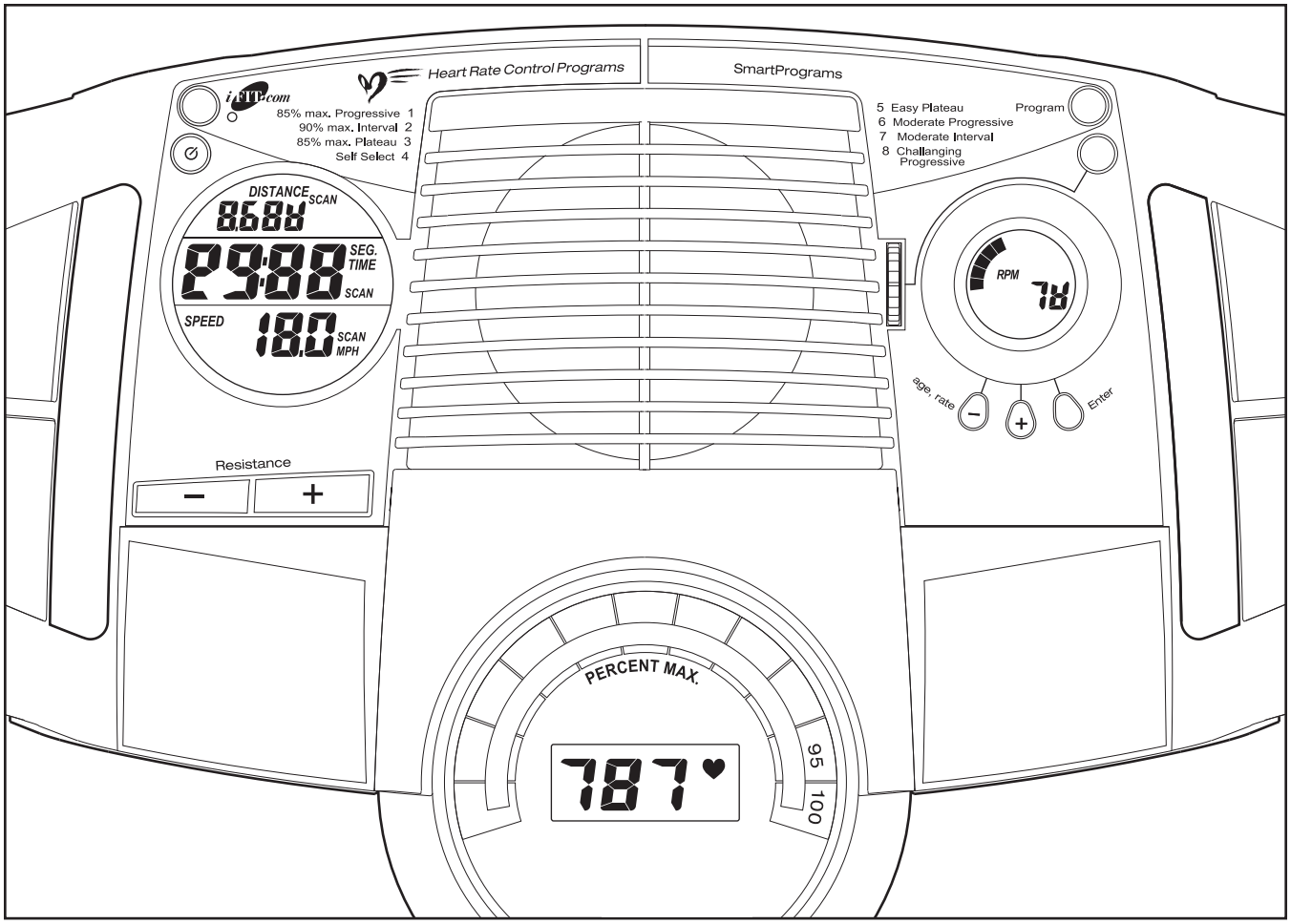


To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO ADJUST THE PEDALS



The motion of the pedals is determined by their positions on the flex bars. There are five positions. To adjust each pedal, first loosen the knob beneath the pedal. Next, push the bolt upward, slide the pedal forward or backward to the desired position, and then retighten the knob. Make sure that both pedals are in the same position.



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you work out, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers four Smart programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout. In addition, the console features four Heart Rate programs that change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical crosstrainer to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the elliptical crosstrainer and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

With the elliptical crosstrainer connected to your computer, you can go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see the instructions below. **To use a Smart program,** see page 14. **To use a Heart Rate program,** see page 15. **To use an iFIT.com CD or video program,** see page 19. **To use a program directly from our Web site,** see page 19.

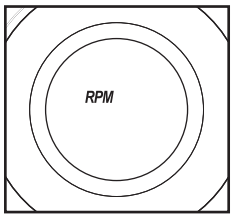
HOW TO USE THE MANUAL MODE

1 Turn on the console.

Make sure that batteries are installed in the console or that the optional power supply is plugged in (see assembly step 12 on page 9).

To turn on the console, press the On/Reset button or begin pedaling. (The On/Reset button is the button just above the left display.)

2 Select the manual mode.

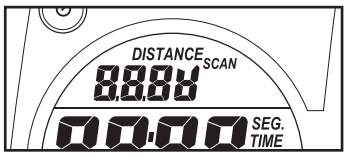


Each time the console is turned on, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program button repeatedly until the letters RPM appear in the right display.

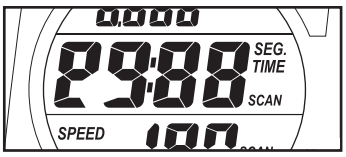
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected level.

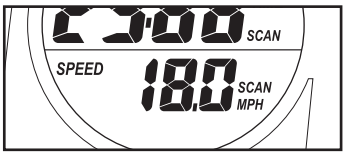
4 Follow your progress with left display, the right display, and the center display.



The upper section of the left display will show the distance you have pedaled and the numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 21). The display will change from one number to the next every few seconds.

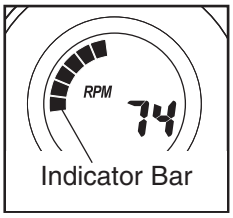


The center of the left display will show the elapsed time and your pedaling pace (in minutes per mile). The display will change from one number to the other every few seconds. Note: When a program is selected (except for Heart Rate program 4), the display will show the time remaining in the program instead of the elapsed time.



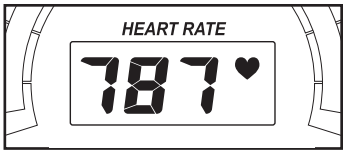
The lower section of the left display will show your pedaling speed, your pedaling pace (in revolutions per minute), and the resistance level. The display will change from one number to the next every few seconds.

Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower section of the left display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Program button for a few seconds. An E (for English) or an M (for metric) will appear in the lower section of the left display. Press the Resistance + button to change the unit of measurement. Then, press the On/Reset button. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



Indicator Bar

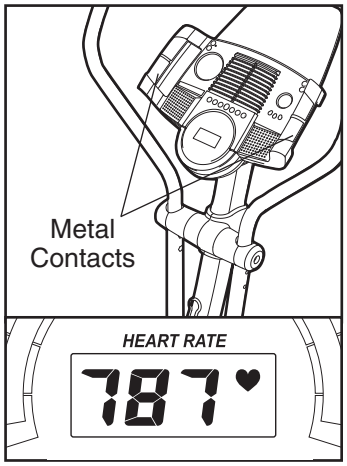
The right display will show your pedaling pace (in revolutions per minute). In addition, an indicator bar will appear in the right display, increasing or decreasing in length as you increase or decrease your pedaling pace. Note: When you use a Heart Rate program, the right display will show your heart rate instead of your pedaling pace.



The center display will show your heart rate when you use the handgrip pulse sensor (see step 5 below).

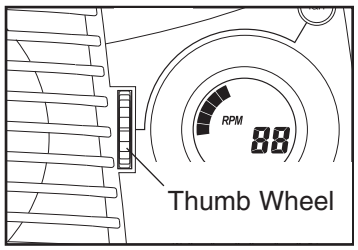
To reset the displays, press the On/Reset button.

5 **Measure your heart rate if desired.**



If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic. To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands or squeezing the handgrips too tightly; excessive movement or pressure may interfere with heart rate readings.** When your pulse is detected, the heart-shaped indicator in the center display will flash each time your heart beats, and your heart rate will be shown.

6 **Turn on the fan if desired.**



To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

Rotate the thumb wheel on the right side of the fan to pivot the fan to the desired angle.

7 **When you are finished exercising, the console will automatically turn off.**

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the left display. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

HOW TO USE A SMART PROGRAM

Each Smart program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout. Programs 5 and 6 are weight loss programs, and programs 7 and 8 are aerobic programs.

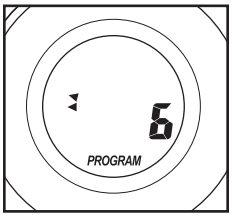
Follow the steps below to use a Smart program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the Smart programs.

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 5, 6, 7, or 8 appears in the right display.

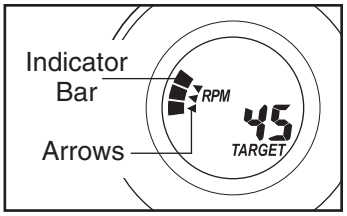


3 Begin pedaling to start the program.

Each Smart program consists of either 20 or 30 one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period. Note: If the resistance level is too high or too low, you can change it by pressing the Resistance buttons.

The target pace for the first period will appear in the right display for a few seconds, and the arrows in the right display will help you to pedal at the target pace—simply increase or decrease your pace until one segment of the indicator bar appears at the tip of each arrow (see the drawing at the right). Note: When the word TARGET does not appear in the right display, your actual pedaling pace will be shown. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



During the last three seconds of each period, a series of tones will sound and the time will flash in the left display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. In addition, the number of arrows in the right display will change if a different target pace is programmed for the next period.

During the program, the center of the left display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. To restart the program, resume pedaling.

4 Follow your progress with the displays.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 Turn on the fan if desired.

See step 6 on page 13.

7 When you are finished exercising, the console will automatically turn off.

See step 7 on page 13.

HOW TO USE A HEART RATE PROGRAM

Heart Rate program 1 is designed to keep your heart rate between 50% and 85% of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.) Heart Rate program 2 will keep your heart rate between 50% and 80% of your maximum heart rate. Heart Rate program 3 will keep your heart rate between 60% and 85% of your maximum heart rate. Heart Rate program 4 will keep your heart rate near a target heart rate that you select.

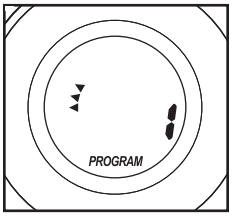
Follow the steps below to use a Heart Rate program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the Heart Rate programs.

Each time the console is turned on, the manual mode will be selected. To select a Heart Rate program, press the Program button repeatedly until the number 1, 2, 3, or 4 appears in the right display.



3 Enter your age and a target heart rate.

When a Heart Rate program is selected, the word AGE and the current age setting will appear in the left display. If you have already entered your age, press the Enter button. If you have not entered your age, press the small + and – buttons to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory until the batteries are replaced.

If Heart Rate program 1, 2, or 3 is selected, go to step 4. If Heart Rate program 4 is selected, follow the instructions below.

After you have entered your age, the letters PLS and the current target heart rate will appear in the left display. If you do not wish to change the target heart rate, press the Enter button. If you wish to change the target heart rate, press the small + and – buttons, and then press the Enter button. The target heart rate can be from 70 to 170 beats per minute.

4 Hold the handgrip pulse sensor.

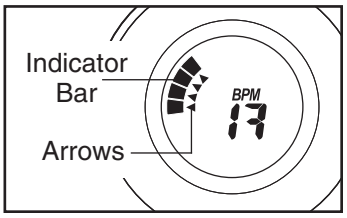
It is not necessary to hold the handgrips continuously during a Heart Rate program; however, you must hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

5 Begin pedaling to start the program.

Heart rate programs 1, 2, and 3 consist of either 20 or 30 one-minute periods. One resistance level and one target heart rate are programmed for each period. (Note: The same resistance level and/or target heart rate may be programmed for two or more consecutive periods.) **Heart Rate program 4** is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate are programmed for the entire program.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period.

As you pedal, the arrows in the right display will help you to keep your heart rate near the current target heart rate. When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows in the right display will change to prompt you to increase or decrease your pace. When the number of arrows changes, change your pace until one segment of the indicator bar appears at the tip of each arrow. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



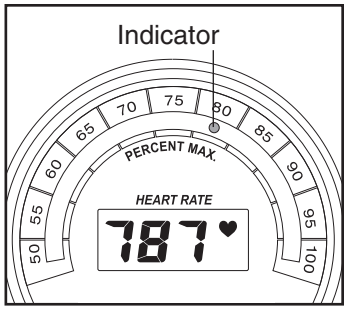
During the last three seconds of each period, a series of tones will sound and the time will flash in the left display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can adjust it by pressing the Resistance buttons. However, when the next period begins, the resistance will automatically change if a different resistance level is programmed for the next period.

The program will continue in this way until the left display shows that no time remains in the program. **Note: If you stop pedaling for a few seconds, the program will end.** To use the program again, reselect it and start it at the beginning.

6 **Follow your progress with the displays.**

See step 4 on page 12.

Note: During Heart Rate programs, an indicator will light in the center display to show your heart rate as a percentage of your estimated maximum heart rate.



7 **Turn on the fan if desired.**

See step 6 on page 13.

8 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 13.

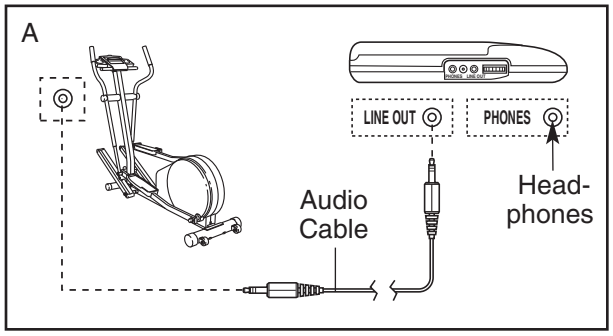
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 and 17 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 18 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your home computer. See page 18 for connecting instructions.

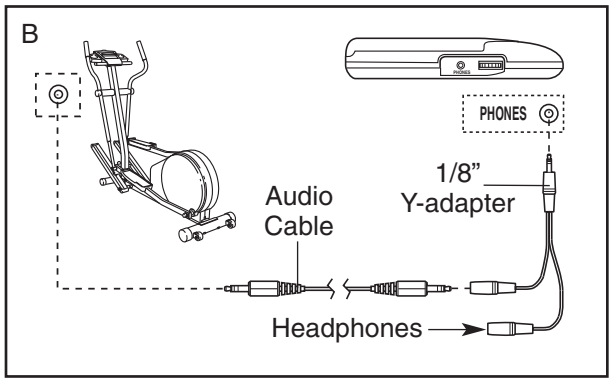
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



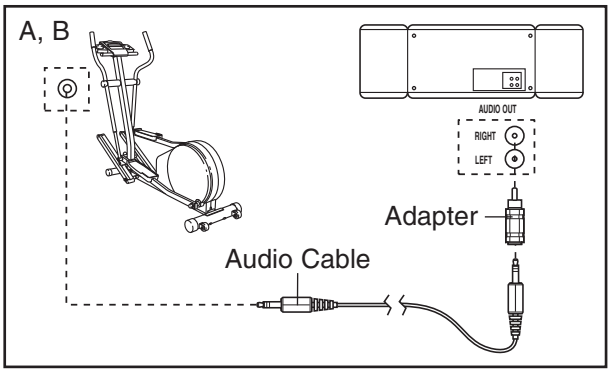
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8” Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

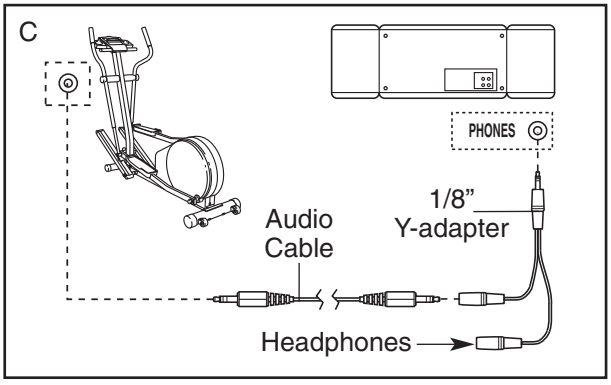
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.

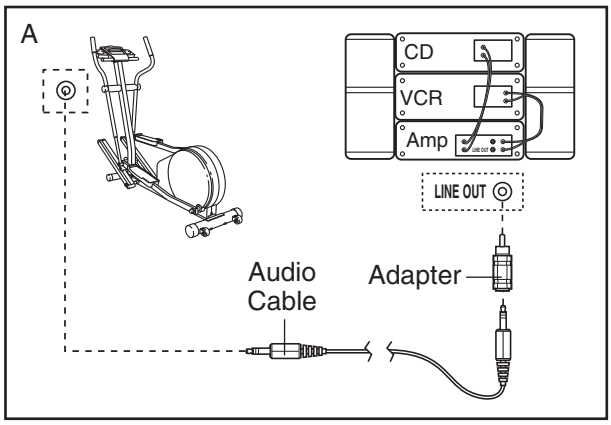
C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



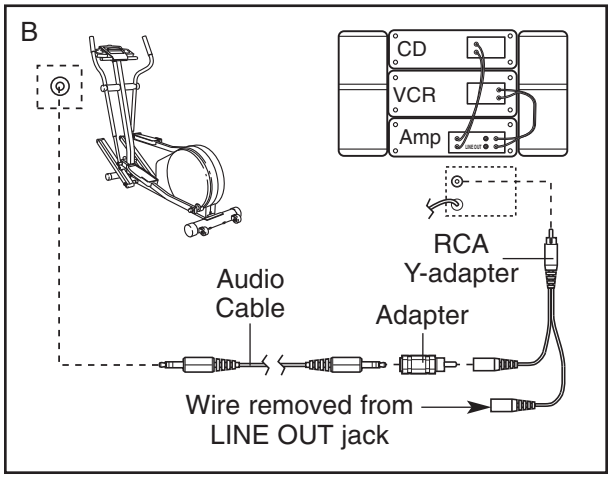
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



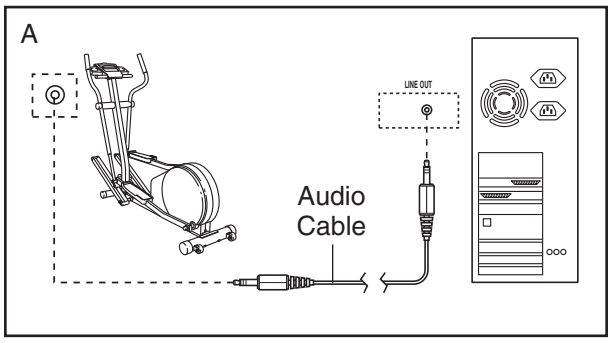
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



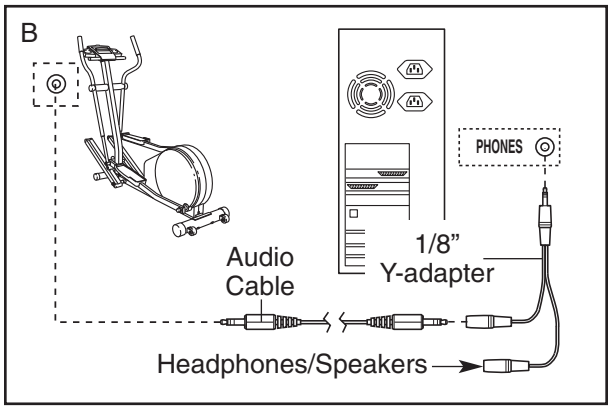
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



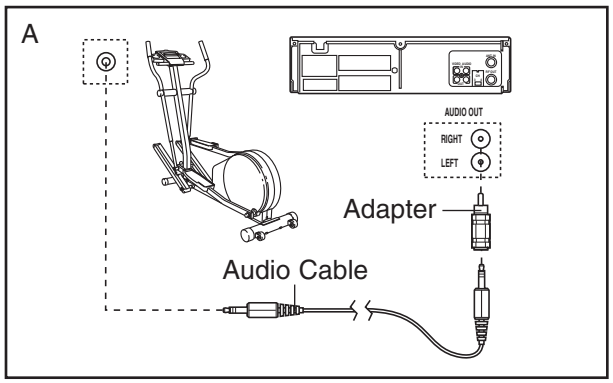
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



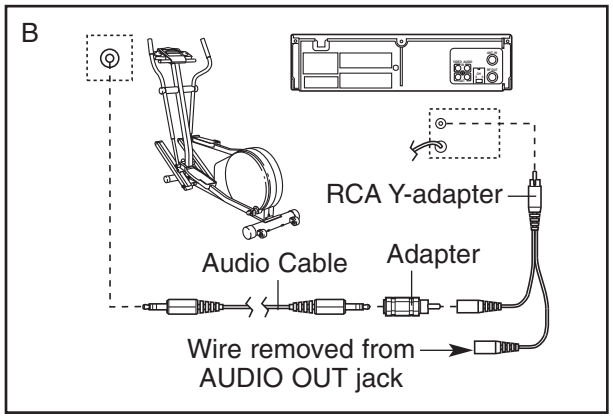
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 17.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 16. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

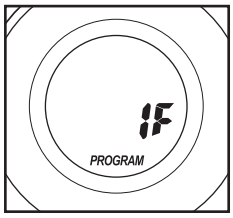
Follow the steps below to use an iFIT.com video program.

1 **Turn on the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**

Each time the console is turned on, the manual mode will be selected. To use an iFIT.com CD or videocassette, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the right display.



3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 **Press the play button on your CD player or VCR.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

Note: If the resistance level and/or the target pace does not change when a "chirp" is heard:

- **Make sure that the iFIT.com indicator is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 **Follow your progress with the displays.**

See step 4 on page 12.

6 **Measure your heart rate if desired.**

See step 5 on page 13.

7 **Turn on the fan if desired.**

See step 6 on page 13.

8 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 13.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your computer. See HOW TO CONNECT TO YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

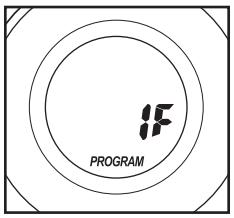
Follow the steps below to use a program from our Web site.

1 **Turn on the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**

Each time the console is turned on, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the right display.



3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the elliptical crosstrainer and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

8 **Follow your progress with the displays.**

See step 4 on page 12.

9 **Measure your heart rate if desired.**

See step 5 on page 13.

10 **Turn on the fan if desired.**

See step 6 on page 13.

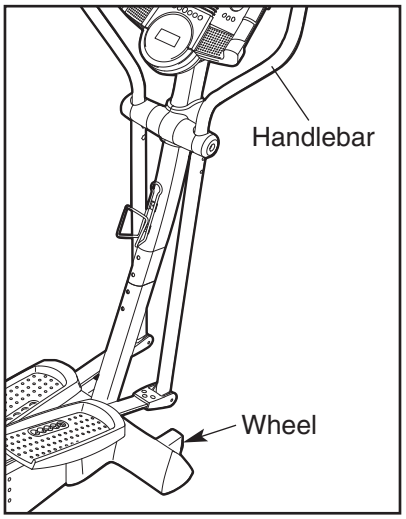
11 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 13.

MAINTENANCE AND TROUBLESHOOTING

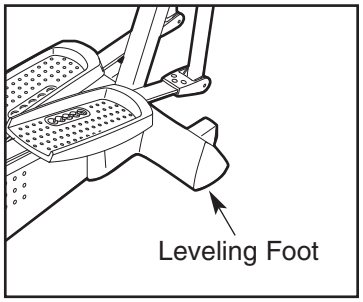
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately. The elliptical crosstrainer can be cleaned with a soft cloth and a small amount of mild detergent. **Keep liquids away from the console. Never use abrasives or solvents.**

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER



Stand in front of the elliptical crosstrainer, hold the handlebars firmly, and place one foot against one of the wheels. Pull the handlebar until the elliptical crosstrainer can be moved on the front wheels, and carefully move the elliptical crosstrainer to the desired location. Then, place one foot against one of the wheels and lower the elliptical crosstrainer. **Due to the size and weight of the elliptical crosstrainer, use extreme caution while moving and lowering it.**

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER



After the elliptical crosstrainer has been moved, make sure that the ends of both stabilizers are touching the floor. If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 13. Note: For optimal performance of the handgrip pulse sensor, keep the metal contacts clean using a soft cloth and a small amount of mild detergent. **Never use alcohol, abrasives, or chemicals.**

CONDITIONING GUIDELINES

⚠ WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFEL71030

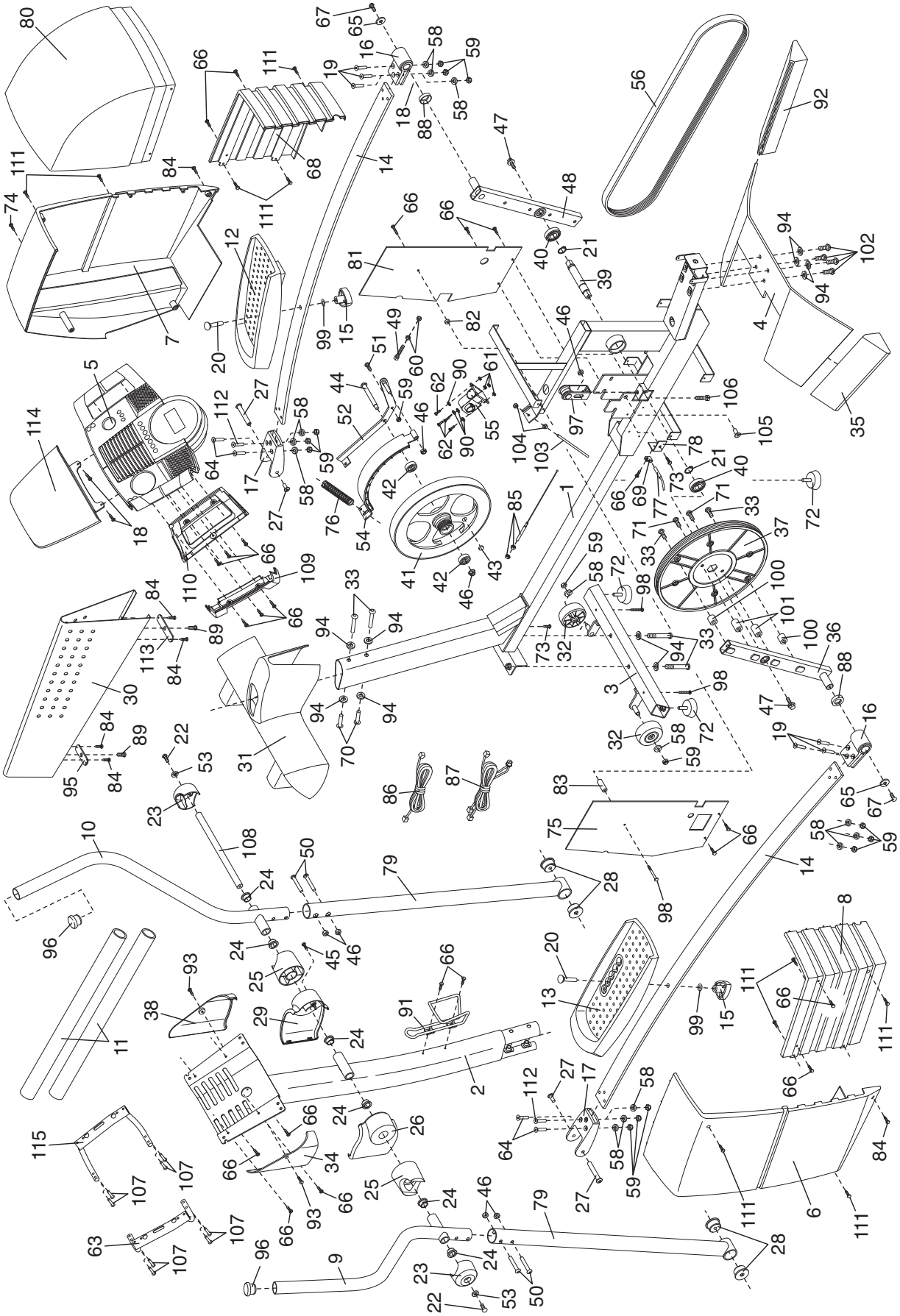
R1203A

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Front Stabilizer
4	1	Rear Stabilizer
5	1	Console
6	1	Left Side Shield
7	1	Right Side Shield
8	1	Rear Left Side Shield
9	1	Left Handlebar
10	1	Right Handlebar
11	2	Foam Grip
12	1	Right Pedal
13	1	Left Pedal
14	2	Flex Bar
15	2	Pedal Knob
16	2	Rear Flex Bracket
17	2	Front Flex Bracket
18	2	M4 x 12mm Round Head Screw
19	6	M6 x 26mm Flat Screw
20	2	M10 x 35mm Carriage Bolt
21	2	Snap Ring
22	2	M8 x 19mm Shoulder Screw
23	2	Handlebar Cap
24	6	Handlebar Bushing
25	2	Handlebar Spacer
26	1	Left Handlebar Cover
27	2	Union Bolt Set
28	4	Front Flex Bushing
29	1	Right Handlebar Cover
30	1	Center Cover
31	1	Stabilizer Cover
32	2	Wheel
33	6	M8 x 54mm Button Screw
34	1	Left Upright Cover
35	1	Left Stabilizer Endcap
36	1	Left Crank Arm
37	1	Pulley
38	1	Right Upright Cover
39	1	Crank
40	2	Crank Bearing
41	1	Flywheel
42	2	Flywheel Bearing
43	1	Magnet
44	1	Flywheel Axle
45	1	M4 x 16mm Round Head Screw
46	6	M8 Nylon Locknut
47	2	Crank Screw
48	1	Right Crank Arm
49	1	M6 x 38mm Bolt
50	4	M8 x 43mm Button Bolt
51	1	M6 x 18mm Bolt
52	1	“C” Magnet Bracket
53	2	M8.5 Small Washer
54	1	“C” Magnet
55	1	Motor
56	1	Belt
57	2	M8 x 33mm Button Bolt
58	12	M6 Washer
59	15	M6 Nylon Locknut
60	2	M6 Nut
61	4	M5 Nylon Locknut
62	4	M5 x 14mm Bolt
63	1	Left Inner Handlebar
64	4	M6 x 32mm Button Screw
65	2	M8.5 Large Washer
66	22	M4 x 16mm Screw
67	2	M8 x 25mm Patch Screw
68	1	Right Rear Side Shield
69	1	Reed Switch Clamp
70	2	M8 x 38mm Button Screw
71	2	M8 x 43mm Button Screw
72	3	Leveling Foot
73	2	M5 x 16mm Screw
74	2	M4 x 25mm Round Head Screw
75	1	Left Inner Shield
76	1	Spring
77	1	Reed Switch
78	1	Reed Switch Bracket
79	2	Handlebar Leg
80	1	Side Shield Cover
81	1	Right Inner Shield
82	1	Small Frame Spacer
83	1	Large Frame Spacer
84	6	M4 x 12mm Tap Screw
85	1	Adjustment Cable Assembly
86	1	Upper Wire Harness
87	1	Lower Wire Harness
88	2	Flex Bracket Spacer
89	2	M8 x 25mm Button Screw
90	4	Motor Washer
91	1	Water Bottle Holder
92	1	Right Stabilizer Endcap
93	2	M4 x 14mm Round Head Screw
94	10	M8 Split Washer
95	1	Front Plate
96	2	Handlebar Endcap
97	1	Idler Assembly
98	3	M4 x 52mm Screw
99	2	M10 Washer
100	2	Small Spacer
101	2	Large Spacer
102	4	M8 x 45mm Button Screw
103	1	Alignment Rod
104	2	M6 Nut
105	1	Idler Bolt
106	1	Idler Adjustment Screw
107	8	M6 x 16mm Tapered Button Screw
108	1	Pivot Axle
109	1	Left Handlebar Cover
110	1	Right Handlebar Cover
111	10	M4 x 14mm Screw
112	2	M6 x 30mm Flat Bolt
113	1	Rear Plate
114	1	Book Holder
115	1	Right Inner Handlebar
#	2	Allen Wrench
#	1	Grease
#	1	User’s Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFEL71030

R1203A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (PFEL71030)
- The NAME of the product (PROFORM® 880 S elliptical crosstrainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 22)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 201917 R1203A

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